

WellCast

Avoiding the

FRESHMAN 15

DATE _____



- 1 Pencil in your classes & activities, then plan what you'll eat based on your schedule! Remember to space them 3 HOURS apart!

SUN MON TUE WED THUR FRI SAT

2 The two-thirds Rule

Follow this simple rule of making sure $\frac{2}{3}$ of your plate is filled with grains, veggies & fruits.

3 The 20 - Minute Rule

After your first round, wait at least 20 min. before going for seconds!

4 Get Active

Make an effort to join sports or fitness clubs. Does your school have a gym?

5 Address that Stress!

If you're feeling too overwhelmed, seek out school counselors & advisor.